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CANADIAN HOUSEHOLD DEBT NUMBERS ARE SKYROCKETING AND LOOK A LOT LIKE U.S. FIGURES BEFORE THE HOUSING BUST, EXPERT WARNS PAGE 10

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Tuesday, October 16, 2012

News worth sharing.



McGuinty calls it quits

Proroguing legislature. Queen's Park to close while Liberals choose new leader, McGuinty won't rule out federal leadership run

ALEX BOUTILIER & JESSICA SMITH
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Facing a deluge of criticism and charges his government misled the legislature, Premier Dalton McGuinty has asked his party to select a new leader.

McGuinty made the announcement at a snap caucus meeting in Toronto Monday night. He has asked Liberal Party president Yasir Naqvi to convene a leadership convention at the "earliest possible time."

"I will remain as premier until that leadership convention," McGuinty said in a statement to his party. "And it will be my honour to continue to serve as the MPP for Ottawa South until the next general election."

One of McGuinty's last acts

Quoted

"I've concluded that this is the right time for Ontario's next Liberal premier and our next set of ideas to guide our province forward"

Dalton McGuinty

before the announcement was to ask Lt.-Gov. David Onley to prorogue parliament, closing Queen's Park for months while the Liberals select a new leader.

In addition to providing time for "renewal," it ends the opposition's daily chance to ask questions about the decision to cancel power stations in Oakville and Mississauga. The government says that decision cost taxpayers \$230 million. But the opposition, suggesting the decision was political, put the figure closer to \$650 million.

"It has nothing to do with that, and everything to do with a decision that Terri and I have made," McGuinty told reporters late Monday night. "It's time for us to return to our own lives,

and it's time for me to make an effort to renew the leadership of our party.

In his address, the premier said he requested prorogation to prevent the "heightened rancour" in the legislature from affecting negotiations with the opposition and public-sector unions on a proposed pay freeze.

His colleagues felt otherwise.

"I just don't see any reason why we have to end business here," said PC Leader Tim Hudak. "That means we're even taking longer to address the serious debt problems in the province."

"Proroguing is doing a disservice to this province," said NDP Leader Andrea Horwath, who urged the premier to reconsider.

Both opposition leaders, while thanking McGuinty for his service, said they were suspicious of the timing of the decision. **WITH FILES FROM THE CANADIAN PRESS**

To see reactions from politicians, readers and Ontarians about the surprise resignation, visit metronews.ca



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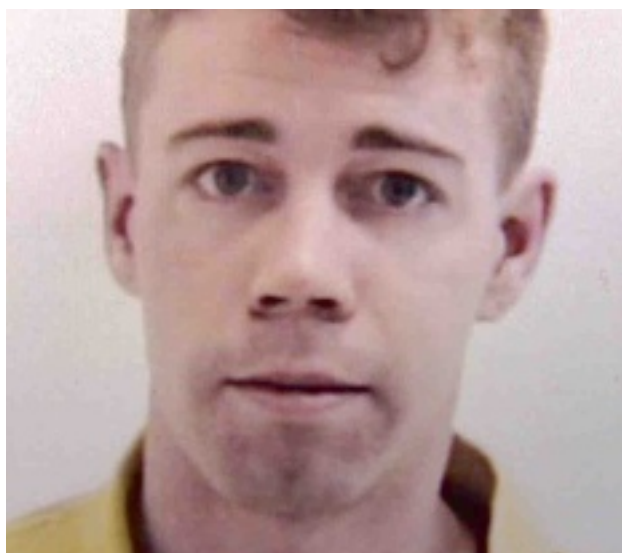
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Man felt judged over HIV status, jury hears



A police handout photo of Steven Paul Boone, who is accused of lying about his HIV-positive status to sex partners. CONTRIBUTED

Just before he was arrested on May 5, 2010, Steven Paul Boone told someone in an online chat he was tired of being judged after his former roommate disclosed his HIV-positive status to other men, a jury heard Monday.

"I'm tired of being cast as the villain," wrote Boone to an unknown person. "I'm tired of people seeing me as someone who is causing harm to others."

Boone is accused of attempted murder, aggravated sexual assault and administering a noxious substance — HIV — to his sexual partners in 2010.

He has pleaded not guilty to the charges.

The Crown continued going over the thousands of pages of MSN chat logs

retrieved from Boone's computer, in which he allegedly lied to several men about being HIV-positive.

In one of the chats before the arrest, he complained about his fiancé — who allegedly gave him the virus — breaking up with him. He also complained about not being able to find a boyfriend because of the illness.

"I made the ultimate sacrifice for the guy I loved deeply ... and now I'm stuck with the consequences," he wrote.

In an April 30, 2010, chat with another man, Boone discussed how much he enjoyed turning a guy "poz" and how he tricked an 18-year-old man into thinking he was HIV-negative.

"Nope. Didn't tell him,"

Boone wrote, when asked if he had disclosed his status.

Later on in the chat, the same man said, "Getting pozzed is like being bit by a vampire."

"We're like poz vampires," replied Boone.

During cross-examination, Boone's lawyer Ian Carter stressed the point that his client did not express a desire to kill the men he chatted with online.

"You would agree with me that in these hundreds of pages, as part of this fantasy of stealthing, pozzing, and chasing, he never indicated he wants to kill anyone?" asked Carter.

"That's correct," replied Sgt. Ann Lapointe, the Crown's second witness.

JOE LOFARO/METRO

North meets south in kids book polar bear odyssey

Donations. Proceeds from book to help bring hockey equipment, education support to Nunavut communities of Resolute and Arctic Bay



GRAHAM LANKTREE
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A polar bear can smell a seal buried under three feet of snow almost two kilometres away, says local photographer Michell Valberg, whose new children's book captures shots of the bears from her 26 trips to the Arctic in the last five years.

"It's about a boy from the north meeting a boy from the south," Valberg said of the book Ben and Nuki Discover Polar Bears, arriving on book-

store shelves Tuesday. Speaking from her studio in Little Italy, she said the tale captures her son Ben MacLennan, 7, during his first trip to the Arctic with her in February. Once there, he meets Nuki, a young Inuit boy who shares Ben's passion for polar bears.

"They meet a hunter going out on the land dressed in their caribou outfits," she said. "They discover more about polar bears and Inuit culture. How they go hunting and what they hunt for. I've been fortunate enough to photograph a lot of polar bears."

In the Arctic, Valberg's son saw walrus, Arctic hare, 16 polar bears and got to explore the land, she said. "He's like me and loves wildlife and adventure." He learned the bears have black skin and that their hair isn't actually white but translucent, she said. "Now it's going to be hard to go and not take him with me."



Photographer Michelle Valberg's children's book Ben and Nuki Discover Polar Bears captures shots from her 26 trips to the Arctic in the last five years. GRAHAM LANKTREE/METRO

Still, one of the greatest tests of the book is whether parents are engaged, Valberg said.

"It's for children up to nine,

but I love to hear parents say, 'I didn't know a polar bear has translucent fur!'"

Ben and Nuki Discover Polar Bears is available at

Valberg Imaging, Collected Works, ByWard Market News, Thyme & Again and at St. Laurent Shopping Centre's guest services after Oct 22.

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1 NEWS

Employment. Aboriginals poised to fill growing labour shortage

Stigmatized as being unreliable workers, aboriginals are increasingly demolishing those labels and are poised to fill a growing labour shortage in Canada, said First Nations entrepreneurs Monday.

"The big challenge is stereotypes. Some of the population think they have a chip on their shoulder," Kelley J. Lendsay, CEO of the Aboriginal Human Resource Council, said of First Nations workers at the second Aboriginal Entrepreneurs Conference and Trade Show Monday.

"Twenty years ago, aboriginals were stigmatized. You still might see something every once in a while, but I tell our workers to move past it and keep driving forward," said Richard Fournier, a Métis and President of inGenius People, a staffing agency for aboriginal workers he helped found three years ago. "Traditional trades used to be high on the list, but I'm seeing much more high-tech workers and businesses. Our client base has grown three times in the last two years."

Driving that growth, in part,



Richard Fournier, president of inGenius People, a staffing agency for First Nations. GRAHAM LANKTREE/METRO

are looming job shortages in the skilled trades, said Minister of Indian Affairs and Northern Development, John Duncan. "There will be shortages of 163,000 workers in construction, 130,000 in the oil and gas sector and 140,000 workers in mining," he said. "At the same time, the aboriginal population is growing at twice the rate of the rest of Canada. This represents a tremendous opportunity to meet Canada's labour needs."

GRAHAM LANKTREE/METRO

Violence. Ottawa police seek public input in tackling gangs

Finding solutions to the rise of gang and gun violence in Ottawa is the focus of a public meeting to be hosted by Ottawa police on Wednesday.

Called "Addressing Gangs in our City," the meeting will feature an expert panel composed of Ottawa Police Chief Charles Bordeleau, Crime Prevention Ottawa executive director Nancy Worsfold and Staff Sgt. Mark Patterson of the police department's guns and gangs unit.

John Medeiros, a duty inspector and former head of the guns and gangs unit, is also attending the meeting. He encourages others to do the same.

"Our community is diverse

Shooting stats

34

shootings have taken place in the city this year, a 36 per cent increase over all of 2011. Nearly half are gang-related.

and multicultural," he said. "In order to address gangs, we need to work together."

Wednesday's meeting will be held from 6:30 to 9:00 p.m. at city hall. A second, closed session will take place on Thursday. A final recap of the recommendations will be made public afterwards.

ROSANNA HAROUTOUNIAN/FOR METRO



An artist's rendering of St. Laurent Avenue, post LRT. CONTRIBUTED

LRT study predicts denser east end

Transit. Anticipated influx of 30,000 near Train, St. Laurent, Cyrville stops



ALEX BOUTILIER
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City staff are envisioning dense, pedestrian-friendly neighbourhoods in Ottawa's east end to support the coming light-rail transit line.

In a briefing at Ottawa City Hall, the city's manager of policy development and urban design, Lee Ann Snedden, said

staff anticipate an influx of 30,000 people near LRT stops at Train, St. Laurent and Cyrville.

"Train and St. Laurent are almost as close to our downtown as Westboro, West Wellington, Hintonburg, and we all can recognize the development growth and what's happening in those areas," said Snedden. "The expectation is that we will start to see that development in these three key areas in the east."

Snedden was presenting the first in a series of transit-oriented development studies that look at and plan for the impact of light-rail stations across the east-west route. The goal of transit-oriented develop-

City services

\$120M

The cost of extending city services to these three transit-oriented development areas — about \$65 million — will be offset by a projected \$120-million increase in developer charges and tax revenue over the next 20 years, city staff estimate.

ment, according to the report, is to create a "pedestrian-oriented, mixed-land use form of development focused within an 800 (metre) walk of a rapid transit station."

The idea is to focus density nearest to the station and

slowly scale back farther away, creating a pyramid-like effect. Closest to the station, staff are recommending a maximum height of 90 metres with a minimum of 350 residential units per hectare. The middle zone lowers the max height to 60 metres with a minimum of 250 residential units per hectare. On the periphery, staff are recommending a maximum of 20 metres.

"Around these future LRT stations we have land, often underdeveloped and sometimes even vacant," said Coun. Peter Hume. "What better place to build new neighbourhoods than right along these stations?"

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My hands feel the sting

of the cold as I take my skis off the roof rack in an empty parking lot on a cold February morning. I mutter to myself, under my quite visible breath, "Why do I do this?"

I carry my gear into the patrol shack to see who else was foolhardy enough to show up this early. The old guys are getting their gear on. The young guys are slow moving and sleepy eyed, but are getting ready too. This year's recruits are fully dressed and bouncing around impatiently, waiting for the day to start. They remind me of myself a few years ago. The bottom line is, my friends are here, and I'm going to spend this day skiing with them. Maybe that's why I do it.

Twenty minutes before the hill opens to the public, we make our way past the line up of so called "die-hard" skiers waiting for the lifts to open, and load up, four by four to do our opening check. I've got my assignment for the morning; my team lead has me digging our toboggans out from under 20cm of fresh snow, and she's got me opening my favorite gladed run. I'm keeping the skiing public safe by cutting fresh lines through untracked snow, with the hill to myself. Maybe that's why I do it.

Nine thirty rolls around, and I meet up with a few other patrollers for a hot chocolate, and a greasy breakfast. We catch up on the week, and consume some tasty calories to keep warm up. Maybe that's why I do it.

Back on the hill, the radio crackles: one of my colleagues is treating a skier with a broken leg. I'm the closest, so I grab the toboggan and head for the scene. Within minutes, we have our patient warm and secure, and en route to hospital, bagged and tagged as we say. Despite the broken bone, our patient left in good comfort and good spirits. Maybe that's why I do it.

A few more tasks, a few more incidents... a downhill race to provide first-aid services for, a run to close due to hazardous conditions, a lost child to reunite with a parent, tracking down some kids skiing out of bounds. The usual, really, and then it's time to close the hill. I've got my closing assignment: turn over out toboggans in case we get any more snow, and sweep a mellow cruiser run to make sure no skier gets left behind. I'm alone at the top of the hill, the lift has stopped, the crowds are gone, and everything is quiet. One more run. Maybe that's why I do it.

I arrive back at the clinic to take my ski gear off. We're getting out of your yellow-and-blues and into our civvies, and the patrol leader is giving us a quick debrief of the day's events. We've all been through some tough work today, and we've all had some good fun, but we've done it all together, as a team, and as friends. We check into the main lodge for a little après ski. Maybe that's why I do it.

The next day, my hands feel the sting of the cold as I take my skis off the roof rack in an empty parking lot on a cold February morning. I mutter to myself, under my quite visible breath, "Why do I do this?"

- Ryan Falls



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Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

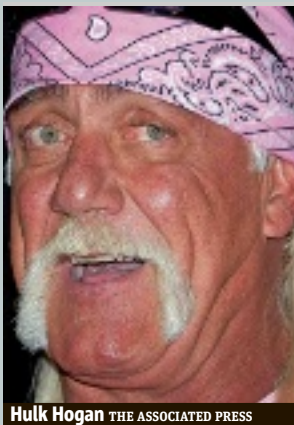
Leaked video

Hulk Hogan suing over sex tape

Reality TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem.

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Hulk Hogan THE ASSOCIATED PRESS

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the attack.

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Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Italy, Monday, where the first hearings are taking place for the Jan. 13 shipwreck that left 32 people dead.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Former cruise captain faces victims at court hearing

Costa Concordia shipwreck. Court convenes in Tuscan city to determine whether case will go to trial

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and

Investigation report

Last month, four court-appointed experts delivered a 270-page report of what went wrong that night.

- **The experts.** Two admirals and two engineers lay most of the blame for the collision with the reef and the botched evacuation on Schettino.
- **Unprepared.** They also noted that not all crew members understood Italian, not all had current certification for evacuation procedures, and not all passengers had participated in evacuation drills.

eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, which is owned by Miami-based Carnival Corp.

"We want to look him in the eye to see how he will react to the accusations," said German survivor Michael Liessen, 50, who was attending Monday's hearing along with his wife.

Schettino has insisted that by guiding the stricken ship to shallower waters near Giglio's port instead of immediately ordering an evacuation he potentially saved lives. He has claimed that another official, and not he, was at the helm when the ship struck.

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Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private-sector union, which will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the Occupy movement and the student protests that gripped Quebec last summer.

said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. **THE CANADIAN PRESS**

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.

THE CANADIAN PRESS

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito said yesterday during Quebec's corruption inquiry that illegal fundraising was commonplace in the province's politics.

THE CANADIAN PRESS

Arrests made during Occupy anniversary

'Disturbing the peace.'
Demonstrators marching in downtown Montreal dispersed by riot-equipped police

Police made three arrests at a small demonstration Monday to mark the first anniversary of the Occupy Montreal movement.

About 50 demonstrators gathered in the downtown square across from the Montreal stock-exchange building where protesters set up their local camp a year ago. After occupying the square for about a month last fall, they were forcibly removed by po-

Reoccupied

50

About 50 demonstrators gathered in Montreal for the first anniversary of the Occupy Montreal movement.



Montreal police arrest a woman at a small demonstration that was held Monday to mark the first anniversary of the Occupy Montreal movement. **PETER RAY/THE CANADIAN PRESS**

lice in November.

One year later, people were back to make brief speeches, and several dozen then marched through downtown streets, chanting along the way.

The protesters, many of them wearing black, and with their faces covered, disrupted traffic.

At one point, they tried to enter the downtown offices of Quebec's Caisse de depot pension-fund manager, but the doors were locked. They also entered the offices of engineering firm SNC-Lavalin, but they were chased out of the building.

A few minutes later, riot-equipped police rushed the

small crowd as it made its way along Ste-Catherine street, one of the city's main downtown arteries. That's when the arrests were made.

A Montreal police spokesman says three people were charged under a municipal bylaw, with disturbing the peace, but were later released.

THE CANADIAN PRESS

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Federal settlements

Kindle customers
in U.S. to get credit

Amazon has told its Kindle customers in the U.S. they are entitled to a credit on prior electronic book purchases as part of settlements between some major ebook publishers and the government. In an email, the Amazon Kindle team told customers it looked forward "to lowering prices on more Kindle books in future." **THE ASSOCIATED PRESS**

Mobile market.
Telus revamps
wireless fees

Telus is getting rid of some costly fees for its wireless customers.

The Vancouver-based carrier says it's no longer charging a \$35 activation fee for new wireless customers or a \$25 equipment exchange fee for renewing customers who purchase a new device.

But Telus says it will begin charging consumers \$10 on Nov. 1 for new SIM cards to cover the product cost previously included in renewal and activation fees.

Telus says a new SIM card — which will allow devices to work on the Telus network — is only required when customers don't have a compatible Telus SIM card.

The CRTC is asking Canadians for help to develop a national retail code that would cover smartphones and tablets to make contracts less confusing.

Telus and other wireless carriers, such as Rogers, Bell and new player Wind Mobile, all say they support a national code for consumers. **THE CANADIAN PRESS**

Family finances in worse shape than expected

Revised StatsCan data. But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of



A revised Statistics Canada calculation puts household credit-market debt at 163 per cent of disposable income.
RYAN REMIOWZ/THE CANADIAN PRESS

an analyst with Capital Economics. "Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising \$7,900 to \$190,200 due mostly to an improved calculation of holdings in unlisted company shares. **THE CANADIAN PRESS**

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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

With an election campaign happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and

Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer-modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here, but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty-pageant candidates, yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

So, since the body politic has strayed entirely out of the realm of reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays



Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



ALL PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.

THE ASSOCIATED PRESS

Dogs and elephant show



Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera and adoptive "mom" Jenny Webb at their Malawi home on Oct. 8.

Trunk feeder

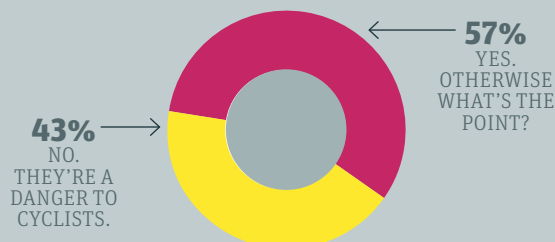
2

Number of feedings Moses receives every hour. Below, the orphaned calf devours a formula bottle.



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Should e-bikes be allowed in bike lanes?



Twitter

@MizPort: Na-na-nah-na, na-na-nah-na, hey, hey, hey, goodbye! See you never #McGuinty !!

@doctorfullerton: and how will Mr McGuinty be held responsible for #ehealth #ORNGE #gasplantfiasco? He just walks away. #onpoli

@Trillium_Party: Very dirty of McGuinty to pro-rogued gov. His only way to cover

up his almost 1 Billion \$\$\$ Gas plant Scandal. #onpoli #toronto #Ottawa

@stephen_taylor: Is McGuinty shutting down democracy to avoid a confidence vote? Over to you Liberal spinners.

@canadiancynic: Can't wait for Harper prorogation defender Stephen Taylor to ex-coriolate Dalton McGuinty for pro-roguing. You *know* it's coming.

Out of the Black puts a big light on Boys Noize

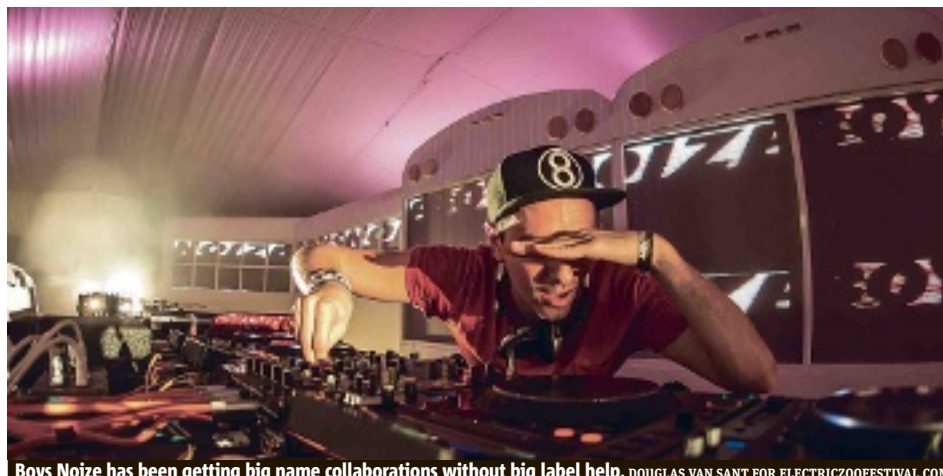
New album. Huge names jumping on board with Alexander Ridha as he continues his journey through the indie-music underworld

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to perform with the biggest names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha at Electric Zoo in New York City to talk about his newest album *Out of the Black* and find out what influences him and keeps him going.

Out of the Black is coming out throughout October. What inspired you on this album?
One of the big parts of this album was really getting back since it's my third album. I was trying to get this feeling back when I first started producing.

Most of the time when you don't know what you are doing that's when the magic happens. I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. I would say it's a mix of my first and second albums.

You have a lot of disco and hip hop influences. Is that what you grew up



Boys Noize has been getting big name collaborations without big label help. DOUGLAS VAN SANT FOR ELECTRICZOOEVENT.COM

listening to?

I have a 10 years older brother, and at the end of the 80s he was buying all those early house records so I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff. When I started to buy records I was buying both, like hip hop and house. The way I always mixed house music as a DJ was also more in a hip hop way. I was cutting music and loops.

Who would we be surprised that we listened to? The Bee Gees?

I don't have anything against the Bee Gees and Donna Summer, but that was more my mother's side. She was all in that disco stuff like chic.

What kind of hip hop did you listen to?

The old school stuff was kind of like Pharcyde or Wu Tang.

When it came out, I was able to rap the whole ODB album, the first one. Even though I didn't understand anything because I was German, I was rapping along! I stopped buying hip-hop records towards the beginning of 2000 because it got too much like jiggy, and it was only about like rims and stuff. But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop.

Speaking of Snoop Dogg — or Snoop Lion, I guess...

Not on my album. On my album he's Snoop Dogg! (Laughs)

What was it like working with him on Got It?

It was amazing. It was like a dream come true. I was always saying to myself, 'If I would be able to make a track for him, I could stop making music.' I grew up with his sound. It

was cool. You know he wants to vibe first so we hung out a little bit. In the beginning of this year we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

What else can we look forward to from you besides your new album?

I'm going on my first live tour. I'm going to do a crazy production as well. It's going to be something I'm really, really excited about. I (started) the tour Oct. 6, and I'll be in the U.S. I think from Nov. 23. It's going to be crazy I told you. I just wanted to make something new. I've been lucky to play all festivals with my CDs, and it definitely had a live element as well because I do a lot of improvisation or remix live on the go.

METRO WORLD NEWS

DVD reviews



Moonrise Kingdom

Director: Wes Anderson

Stars: Jared Gilman, Kara Hayward, Bruce Willis

.....
This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. *Moonrise Kingdom* transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

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Twitter plays catalyst as finally R.L. Stine takes on adult horror novel



Children's, and now adult, horror author R.L. Stine. GETTY

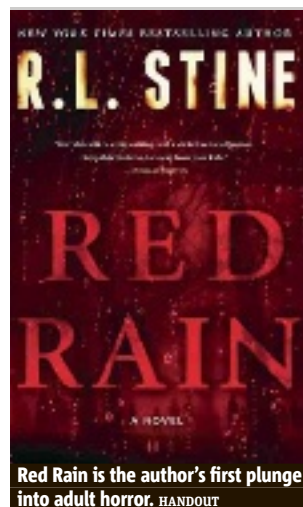
Red Rain. Renowned children's horror author listened to social media followers and penned book for grown-ups about evil twin boys

DOROTHY ROBINSON
scene@metronews.ca

Twitter has been credited with a lot of things: The ousting of Egyptian president Hosni Mubarak, launching book deals (Sh-t My Dad Says), recounting what you had for lunch, etc. And here's one more gold star on the micro-blogging site's list of accomplishments: Getting famed young adult author R.L. Stine to pen a book for adults.

"I'm on Twitter all day long," says the engaging Goosebumps series author, only half-jokingly. "There are no kids on Twitter, but there are all these 20 and 30-somethings who grew up with Goosebumps."

These followers — which number around 60,000 — kept asking Stine if they'd ever be able to read something from him that's a bit more age-appropriate. "I thought, 'Gee, I have all of these people out there,'" says Stine. "And I can't ignore my audience!"



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So Red Rain, a very adult horror book — following orphaned twins adopted by a well-meaning travel author and her family who are unaware that they are evil incarnate — was cre-

ated. But what does it mean that Stine, who spent decades writing books for kids, created two monsters who were children?

"I thought people would find it funny," he says with

a laugh. "Because I write about so many good children. The kids in Goosebumps are all good, fighting horrible evil. I thought people would find it ironic if I turned it around."

Red Rain is a tale of beautiful, otherworldly and, yes, evil twin boys who shoot laser beams out of their eyes. Making them twins was an intentional plot device for Stine.

"All twins are scary," he says. "They have been through time." Stine researched twins throughout the ages before starting

to write the book. "People would separate them at birth because they were considered bad luck," he recounted. "And, of course, there have been lots of horror books and movies about evil twins, so I'm carrying on the tradition."

It's a big year for Stine. Not only is Red Rain out today, but it's also the 20th anniversary of Goosebumps, one of the best-selling children's series of all time.

Just how popular is the series? There have been more than 300 million books sold.

Fall into these books

Endearing and touching biography

Dwarf: A Memoir

By Tiffanie DiDonato
Release date: Nov. 27

Many memoirs can feel voyeuristic at times, but not Tiffanie DiDonato's Dwarf is her tale about growing up with a rare disorder known as diastrophic dysplasia and the surgeries she had to undergo to lengthen her limbs. DiDonato fought with courage and aplomb for the inches she gained — and the life she got because of it. It's not just a medical drama though; there is a sweet love story that flows under the disorder that anyone will be able to relate to.

Comic compilation from the U.S.

The Best American Comics: 2012
Francoise Mouly, editor
Release date: Out now

There's been a "Best Of" compilation of almost every genre of writing; why should comics get passed over? Curated by Francoise Mouly, this collection presents the best work from comic world icons and up-and-comers alike. It's a standout collection — even if the year isn't over yet.

Coming out

Born this Way: Real Stories of Growing Up Gay

By Paul Vitagliano
Release date: Out now

This book is a touching compendium of LGBT people recounting how they came to realize they were gay and sharing their subsequent coming out stories with readers. The pictures of them in all their youthful fierceness make the book.

Second World War heroine

The Life of Objects: A Novel
By Susanna Moore
Release date: Out now

In her trademark tight, crisp, descriptive prose, Susanna Moore delves into the Second World War with her latest heroine, 17-year-old lacemaker Beatrice Palmer, who falls in with an aristocratic German family. It's a literary Downton Abbey — but without the slick TV sheen.

DOROTHY ROBINSON



Brad Pitt ALL PHOTOS GETTY IMAGES

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we

A fast fix?

"I could find anything you're looking for, give me 24 hours or so."

Brad Pitt

still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy



THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot, Disick seemed to be loving the bach-



elor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure." Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy

practically threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second thought, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.

Twitter



@chriscolfer

Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.



@JulietteLewis

Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides



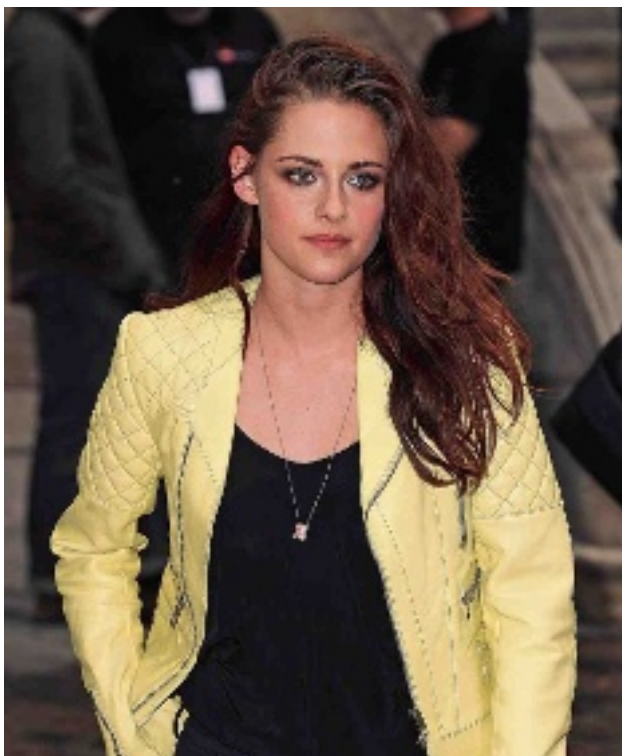
@BetteMidler

Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.



@rickygervais

The autocarrot on my nubile prone is defamatory flocked.



Kristen Stewart

Social media and the spotlight scaring Stewart

Becoming famous has made Kristen Stewart become afraid for her life, she admits in a new e-book called Robert Pattinson, Kristen Stewart, Taylor Lautner — In Their Own Words compiled by Talia Soghomonian. "Nowadays it's harder because everyone is on Facebook and

everyone knows where you are all the time, and everyone's twittering," Stewart says. "Like I'm going to die because somebody is going to say where I am and somebody is going to kill me. Someone's going to twitter my location and then it's going to be like, boom."

Can't keep a Lohan down

Lindsay Lohan is back in Los Angeles and "at ease" after a tumultuous trip to New York that culminated with police intervening in an argument between the actress and her mother, according to People magazine. She even hit up an old haunt, the Chateau Marmont, despite being on the outs with management earlier this year. "Lindsay was very talkative and led much of the conversation," the source says. "The group shared hot tea and late night salads. Lindsay definitely seemed at ease and in high spirits as they enjoyed a low-key night."



Lindsay Lohan

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Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA
MCGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

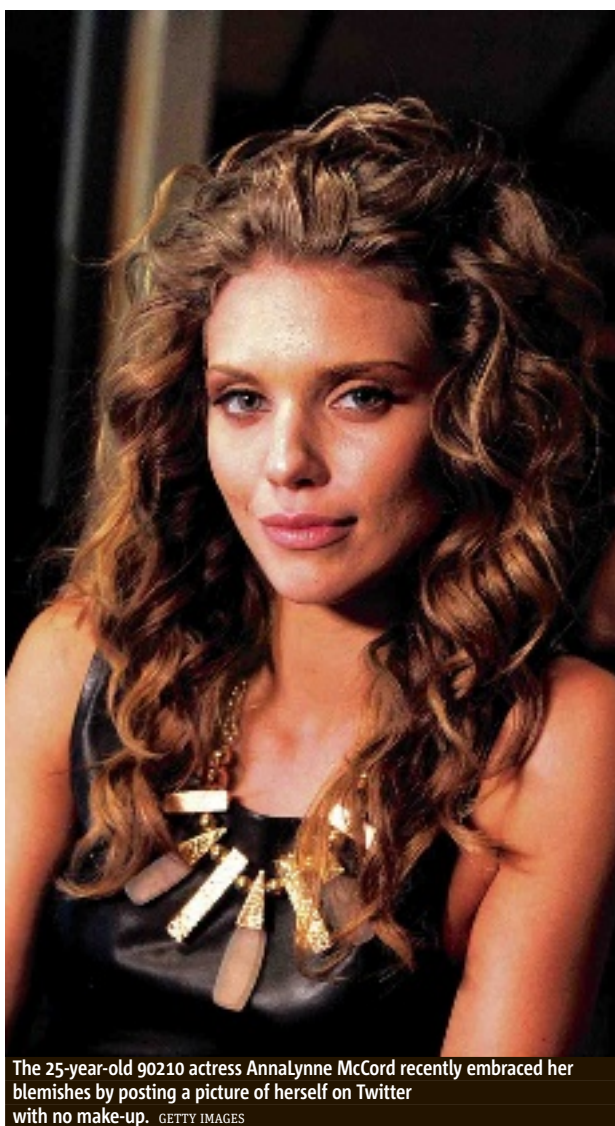
Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main



The 25-year-old 90210 actress Annalynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

reason why an adult gets acne.

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce

extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of andro-

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

gens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne. Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight

clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.

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THIS WEEK: The Need for Fluoride



The comfort of chicken noodle with an Asian twist



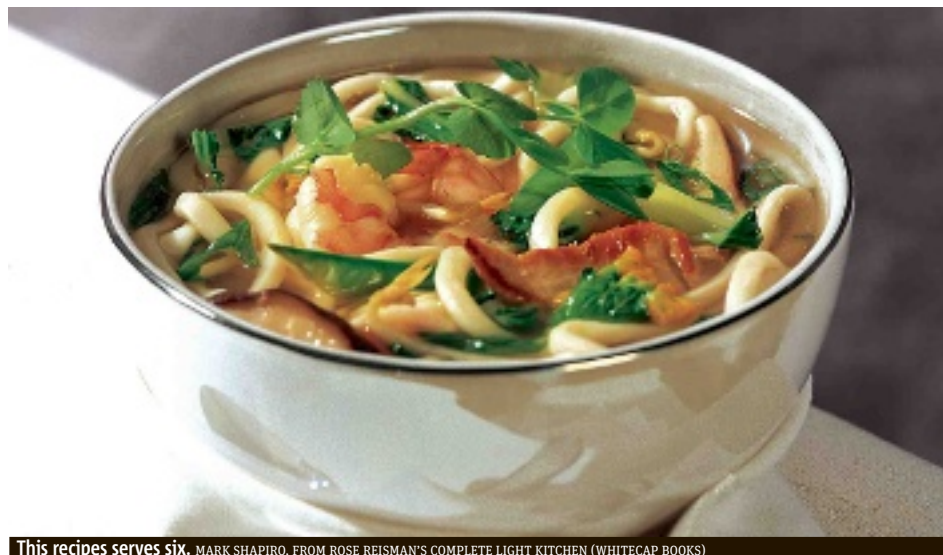
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Udon are long, round noodles with a wonderfully dense texture.

This soup is an all-time favourite — it's not only delicious, but also quick to make.

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and

cook for 1 minute. Set aside.

2. Bring the stock and soy sauce to a boil in a large saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the

shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

The Seedy Truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup

will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- Sunflower seeds: 91 mg
- Sesame seeds: 97 mg
- Flax seeds: 110 mg
- Chia seeds: 118 mg
- Pumpkin seeds (green): 150 mg

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Pretzel Cheddar Soup. Rich, creamy

This soup will help put a little meat on your bones.

We wanted to know what would happen if we replicated the awesomeness that is cheese fondue, but as a soup. This is what we got.

We topped our soup with crumbled pretzels because we like the contrast between the rich and creamy soup and the salty, crunchy pretzels.

But croutons — especially homemade and just lightly crunchy — also would be a delicious way to top this soup. Crushed corn tortilla chips would be great, too.

1. In a large deep pot, cook bacon over medium heat until crispy and browned, eight min-

Ingredients

- 4 oz bacon, diced
- 1 yellow onion, diced
- 1 medium leek, white part only, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 3 tbsp all-purpose flour
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 12-oz bottle ale
- Pinch of cayenne
- 1 cup low-sodium chicken broth
- 1 cup milk
- 1 lb very sharp cheddar, grated
- Salt and ground black pepper
- 1 cup broken pretzels



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

utes. Using slotted spoon, transfer bacon to a paper towel, leaving the drippings in the pot.

2. Add onion, leek, carrots and celery to pot. Increase heat to medium-high and sauté vegetables until browned, 10 minutes. Add flour and stir to coat vegetables. Stir in Worcestershire sauce, Dijon mustard, ale and cayenne. Stir continuously while returning to a simmer.

3. Add chicken broth and milk

and mix well. Return to simmer, then cover and lower heat to medium. Cook until vegetables are tender, 15 minutes.

4. Working in batches, transfer mix to blender and purée until smooth. Return soup to pot over low heat, then stir in cheese, a little at a time. Do not allow soup to boil. Season with salt and black pepper. Ladle into bowls. Serve topped with broken pretzels.

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STORE #1118 KANATA, ONTARIO		
FR STRAWB	005960007017	\$1.97 J
PLAIN YOG 6	006820075015	\$2.97 D
CHEEZ WHIZ	006810001022	\$5.17 D
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PRIMO SAUCE	005590000662	\$1.47 D
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ORV BUTTER	005880748851	\$4.97 J
FABRIC SOFT	005800000366	\$4.97 J
CAT LITTER	007023011686	\$7.98 J
SUBTOTAL		\$45.05
HST 13%		\$1.94
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Emergencies only

Is it really rude to bring one's own food to a dinner party?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What

are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.

Dee truth about teaching: Comedian and former teacher tells it like it is

Excerpt from new book. Former educator turned funnyman relives his days in front of the blackboard

As young bright-eyed students we think of our teachers as all-knowing magicians who don't exist outside the realm of our classroom walls. But as we age we come to realize that our educators, much like celebrities, are just like us. In his soon-to-be-released book, comedy all-star and former teacher Gerry Dee relives the proud, the painful and the totally hilarious moments of life in front of the chalkboard. Check out this excerpt from *Teaching: It's Harder Than It Looks*, where Dee recounts the repercussions of a rough night out

"I made the big mistake of assigning a presentation on a day when I was hungover. Bad idea. The kids clap after every presentation. When you're hungover, that sound feels like someone's mowing your brain.

Presentation Day is the biggest day in the life of a Grade 5 student. They get so excited about their presentations, especially the girls. As soon as I said the word "presentation," the girls weren't

listening anymore.

They were just waiting for the word "partners." And when I said the word "partners," they signalled across the class to their best girlfriends. The result was always the same. Some girl signalled to her friend, and then had to announce it out loud: "Yes! We're partners. We're going to do our presentation together because we're partners."

"But can't I be your partner?" another girl would say. "Sorry, Julie. I already signalled to Jennifer." Then the girl who was left out would ask, "Sir, can we have groups of three?" "Sure, go ahead. You can have groups of eight, for all I care." I wasn't planning on listening to the presentations, so what did it matter?

"Yay!" More clapping. Shoot me. I hated partners because there was always some kid who'd never get picked. So I had to partner with him, which I was not in the mood to do. He might smell the booze on me and I would have had to do all the work. That's when I'd throw him with two girls I didn't like just to piss them off. "Julie and Samantha, Robert is going to join you two for your presentation on the giraffe." Ruined their life.

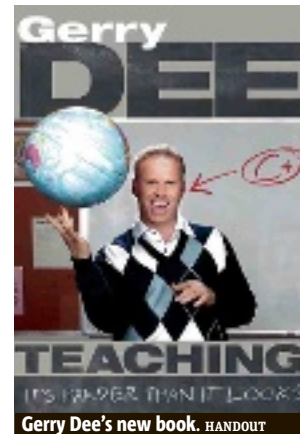
As I'd listen to these presentations on the giraffe or the platypus or the hamster, it

always amazed me, first, how bad they were and, second, that the kids actually thought I was listening. They were so unorganized and boring. They would ask to start over every two minutes. They would argue about who was supposed to say what.

I would close my eyes and try to focus on getting rid of my headache. I'd already decided from the beginning that everybody was getting seven out of 10. Because there was no way I was actually going to listen to the presentations and mark them. I was hungover. I could barely breathe. But these kids never got it, and they'd put their hearts and souls into their presentations.

Before the group of girls presented, they'd always have a huddle conference, and I could hear them saying, "This is the biggest presentation of the year. It might be the biggest presentation of our lives. We need to do this right. We need to get extra marks. Right. Go team!"

They always had to get extra marks. They'd do anything to get extra marks. They'd bring in a giraffe if that meant they'd get extra marks. "Suzie, it's time. Bring in the giraffe. Class, this is our giraffe. We brought him from Africa especially for our presentation. Giraffe, stop! Stay still!" "That's



Gerry Dee's new book. HANDOUT

great, girls. You brought in a live giraffe. Excellent idea. That is worth a bonus mark."

What I wanted to say was, "Are you kidding me? You went to Africa for a Grade 5 presentation that I am not even listening to? Get the giraffe out of here!" Inevitably, the girls' groups would break down half-way through the presentation and they'd all start to argue.

"Today we are going to talk about the giraffe. The giraffe is an animal that—"

"Hey, I was supposed to say that!" "No, you weren't." "Yes, I was. That's what we agreed!" "Sir, can we start from the beginning?" "No. No way. That was great. Seven out of ten. Sit down." Next up, John is doing the platypus." **ELIZABETH BEDDALL**



Think before you bring food to a dinner party. ISTOCK

Teach In Japan

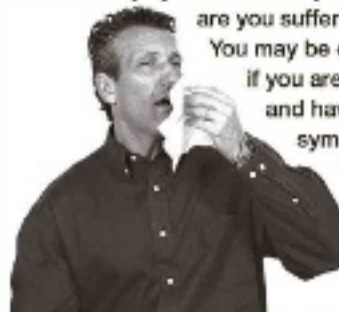
The Japan Exchange and Teaching Programme
jetprogramme.ca

Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

Compensation is provided.



For more information, please call Jeanne at 613-599-5700 ext. 23 or email: kanataallergy@gmail.com

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The boom in boomer business

Alison on Money.
Canadian boomers giving 'retirement' a whole new meaning



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according to a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

In numbers

- 9.6 million Canadians are boomers.
- 29 per cent of Canadians are boomers.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progres-

sion with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

It's not too early to start holiday shopping



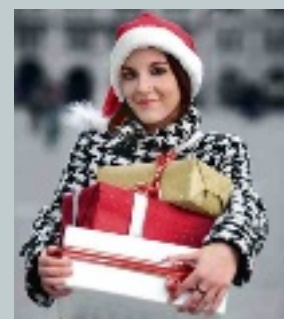
FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of \$150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in October, approximately 40 percent of consumers start holiday shopping at the beginning of November.

But, 70 percent of respondents still have a dismal view of the economy and nearly 25 percent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle. Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse pur-



Many consumers are starting their holiday shopping by the beginning of November. ISTOCK IMAGES

chases. You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conducted in November of 2011 revealed that Canadians spend approximately \$650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately \$130 per cheque (\$650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses

and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift. Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

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BIGGER PICTURE

LET SCOTIABANK HELP YOU EXPAND YOUR BUSINESS

Jeff Morris shared a dilemma with the thousands of Canadians who run small, successful businesses: How to expand safely.

Morris' company, Two Dogs Media, specializes in professional corporate videos. He started the company in 2005 with a relatively simple business model: Maintain a home office and rely on a network of freelancers — camera operators, editors and writers — to produce and deliver top-quality videos. The model reflected his skill set as a former actor with significant experience in sales. Two Dogs Media thrived and Morris soon began to dream of expanding to meet growing demand.

"Production costs today are a fraction of what they were five or 10 years ago,"



ISTOCKPHOTO/THINKSTOCK

he says. "Yet, many larger and established firms continue to charge relatively high fees for fairly simple productions. I can compete successfully against these firms on price and quality. In many cases, though, I'd lose out because I didn't have a studio in downtown Toronto."

Toronto's downtown core is home to hundreds of corporations. Many of their video productions feature corporate executives in on-camera roles. To minimize travel time, executives often prefer to record in downtown studios,

often on short notice. This put Morris at a decided disadvantage.



Expansion was the only realistic solution; to do that, however, Morris needed access to capital. He developed a business plan and shared it with a few bankers, with little success. Everything changed for the better once Morris started working with Scotiabank.

"They understood my business model and recognized the opportunity in the market right away," says Morris. "They helped me refine my business plan,

5 KEY EXPANSION QUESTIONS

- 1 Is the market large enough and accessible enough to support your growth?
- 2 Will the anticipated increase in sales offset the costs of additional staff, space, equipment, financing and overhead?
- 3 How will expansion affect your existing customers?
- 4 Can your current suppliers keep pace with your growth?
- 5 What impact will expansion have on your lifestyle, family life, and work-life balance?

reviewed my insurance policies, and provided me with a healthy line of credit to support expansion."

In January, Two Dogs Media opened a small, fully equipped studio on University Avenue in the heart of downtown. Morris now has two full-time employees and continues to hire freelancers on an as-needed basis. And business is booming.

"I meet regularly with Scotiabank staff," he says, "and I use my business plan like a road map to check how Two Dogs Media is doing and to set new targets and goals."

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No regrets from Sinclair after four-game FIFA ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward official after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward an official.

Canada's women's soccer captain received a four-game suspension from FIFA last Fri-

day for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling, but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and

Quoted



"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen

I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs (\$3,152), plus 500 Swiss francs (\$525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford.

Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that that was so important, the ref decided the result before it started." **THE CANADIAN PRESS**

Cuba vs. Canada

FIFA head responds to defections

FIFA president Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

THE ASSOCIATED PRESS



Canadians prepare for 'hell' of a match in Honduras

Canada's men's national soccer team gather for practice in San Pedro Sula, Honduras, on Monday. Canada faces Honduras in a key World Cup qualifying match on Tuesday. Canadian midfielder Julian de Guzman knows what to expect when he emerges onto the pitch at the Estadio Olimpico Metropolitano. "You're going to expect hell," the veteran of three World Cup qualifiers said Monday. **NEIL DAVIDSON/THE CANADIAN PRESS**

MLB. Tigers' pitching staff having terrific post-season

There were times this year when Justin Verlander took the mound while his team was reeling a bit — and the right-hander's presence was Detroit's best shot at snapping out of a momentary funk.

Now, the hard-throwing ace is in a different situation. Led by Verlander, the Tigers' rotation has been absolutely terrific this post-season, and his job is simply to keep this remarkable run going against the slumping New York Yankees.

"I think pitching, much like hitting, is contagious," Verlander said. "Guys go out there night in and night out and see guys have a good game, and the next day he wants to have a good game, so on and so forth. And I think that's what we are feeding on right now."

The Tigers won the first two games of the AL championship

By the numbers

0.94

Detroit's starters have posted a 0.94 ERA in the playoffs this year. The post-season record for a starting staff pitching at least seven games is 1.05, set by the 1920 Cleveland Indians, according to STATS LLC.

series in New York, holding the Yankees scoreless except for one brief uprising against closer-in-limbo Jose Valverde. With the exception of Valverde, no Detroit pitcher has allowed an earned run since Game 3 of the division series against Oakland.

Verlander takes the mound Tuesday night in Game 3 of the ALCS. The reigning AL MVP won both his starts against the A's, throwing a shutout in the decisive fifth game.

THE ASSOCIATED PRESS

NHL

CBA talks to return to 'main issues' on Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning. The two sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature commissioner Gary Bettman and Daly for the NHL and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

THE CANADIAN PRESS

NFL. Mood a little merrier with Buffalo back at .500

Shawne Merriman is back in Buffalo after the Bills resigned the free-agent pass-rushing star to bolster their banged-up defence.

The Bills (3-3) announced the signing Monday, after returning home from an extended West Coast trip, and a day after a 19-16 overtime win at Arizona worked them into a four-way tie for first place in the AFC East.

"You can never have too many guys that we believe can rush the passer," coach Chan Gailey said. "We'd rather not go into a game with just three defensive ends."

Merriman returns to the Bills two months after the team cut the three-time Pro Bowl selection, in part because it wanted to develop several younger players. Buffalo's priorities have since



Shawne Merriman with the Bills last October in Buffalo. GETTY IMAGES FILE

changed after the team's depth has been depleted at the defensive end. Veteran end Chris Kelsay said the adjustment will be easier since Merriman knows the territory. **THE ASSOCIATED PRESS**

MLB

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(Detroit leads series 2-0)
Sunday's result
Detroit 3 New York 0
Saturday's result
Detroit 6 New York 4, (12 innings)
Tuesday's game — All Times Eastern
New York (Hughes 16-13) at Detroit (Verlander 17-8), 8:07 p.m.
Wednesday's game
New York (Sabathia 15-6) at Detroit (Scherzer 16-7), 8:07 p.m.
Thursday's game
x-New York (Pettittie 5-4) at Detroit (Fister 10-10), 4:07 p.m.
Saturday, Oct. 20
x-Detroit (Sanchez 4-6) at New York (Kuroda 16-11), 8:07 p.m.
Sunday, Oct. 21
x-Detroit (Verlander 17-8) at New York (Sabathia 15-6), 8:07 p.m.

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(St. Louis leads series 1-0)
Monday's result
St. Louis at San Francisco
Sunday's result
St. Louis 6 San Francisco 4
Wednesday's game — All Times Eastern
San Francisco (Cain 16-5) at St. Louis (Lohse 16-3), 4:07 p.m.
Thursday's game
San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.
Friday's game
x-San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.
Sunday, Oct. 21
x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.
Monday, Oct. 22
x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.

NBA PRESEASON

Monday's results
Philadelphia 107 Boston 75
Orlando vs. Cleveland
Washington at Brooklyn
Houston at Dallas
Golden State at Denver
Portland at Sacramento
Sunday's results
L.A. Clippers 99 Miami 89
San Antonio 116 Houston 107
Memphis 110 Atlanta 102
Tuesday's Games — All Times Eastern
Atlanta at Indiana, 7 p.m.
Brooklyn at Boston, 7:30 p.m.
Orlando at Detroit, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Charlotte at Oklahoma City, 8 p.m.
Utah vs. L.A. Lakers at Anaheim, CA, 10 p.m.
Wednesday's Games
Washington at Toronto, 7 p.m.
Cleveland at Philadelphia, 7 p.m.
Memphis at Houston, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Denver at Portland, 10 p.m.
Utah at L.A. Clippers, 10:30 p.m.

TRANSACTIONS

MLB

MINNESOTA TWINS — Announced the retirement of director of minor league operations Jim Rantz.
CINCINNATI REDS — Agreed to terms with manager Dusty Baker on a two-year contract extension.
PHILADELPHIA PHILLIES — Named Wally Joyner assistant hitting coach.

NBA

SACRAMENTO KINGS — Waived C Cyril Awere.

NFL

BUFFALO BILLS — Signed DE Shawne Merriman. Released DT Jay Ross and C David Snow.
CHICAGO BEARS — Signed TE Brody Eldridge to a one-year contract. Released RB Kahlil Bell.
JACKSONVILLE JAGUARS — Signed S Chris Harris. Released CB Kevin Rutland.

GOLF

WORLD GOLF RANKINGS

1. Rory McIlroy Nlr 12.51
2. Tiger Woods USA 9.37
3. Luke Donald Eng 8.93
4. Lee Westwood Eng 7.00
5. Justin Rose Eng 6.27
6. Adam Scott Aus 6.18
7. Bubba Watson USA 6.02
8. Webb Simpson USA 5.87
9. Brandt Snedeker USA 5.83
10. Jason Dufner USA 5.76
11. Steve Stricker USA 5.54
12. Louis Oosthuizen SAF 5.48
13. Matt Kuchar USA 5.33
14. Dustin Johnson USA 5.27
15. Keegan Bradley USA 5.25
16. Zach Johnson USA 5.10
17. Phil Mickelson USA 4.99
18. Graeme McDowell Nlr 4.66
19. Sergio Garcia Esp 4.64
20. Hunter Mahan USA 4.56
21. Nick Watney USA 4.49
22. Ernie Els SAF 4.49
23. Jim Furyk USA 4.00
24. Bo Van Pelt USA 3.97
25. Peter Hanson Swe 3.91

LPGA MONEY LEADERS

1. Inbee Park Trn Money
2. Stacy Lewis 19 \$1,954,608
3. Na Yeon Choi 19 \$1,620,471
4. Ai Miyazato 19 \$1,388,976
5. Jiyai Shin 19 \$1,213,038
6. Azahara Munoz 15 \$1,179,619
7. Yani Tseng 22 \$1,103,851
8. Mikia Miyazato 19 \$1,092,196
9. Shanshan Feng 18 \$1,081,534
10. Suzann Pettersen 16 \$1,054,304
11. So Yeon Ryu 20 \$1,017,391
12. Karrie Webb 18 \$817,574
13. Amy Yang 19 \$798,329
14. Paula Creamer 21 \$765,281
15. Angela Stanford 20 \$764,941
16. Angela Stanford 22 \$672,704
17. Chella Choi 20 \$580,181
18. Brittany Lang 22 \$562,596
19. Anna Nordqvist 22 \$529,458
20. Hee Kyung Seo 21 \$527,907
21. Cristie Kerr 19 \$520,058
22. I.K. Kim 17 \$517,338
23. Lexi Thompson 19 \$495,959
24. Sandra Gal 22 \$510,471
25. Brittany Lincicome 22 \$466,755
26. Brittany Lincicome 21 \$447,669

SOCCER

MLS

EASTERN CONFERENCE

x-Kansas City GP W L T GF GA Pt
x-Chicago 32 17 7 8 40 26 59
D.C. United 32 17 10 5 45 39 56
New York 32 16 10 6 49 40 54
Houston 32 15 9 8 54 46 53
Columbus 32 13 8 11 45 38 50
Montreal 32 14 11 7 40 40 49
Philadelphia 32 12 15 5 45 50 41
New England 31 10 15 6 35 37 36
Toronto 32 7 17 8 37 44 29
32 5 20 7 35 60 22

WESTERN CONFERENCE

x-San Jose GP W L T GF GA Pt
x-Real Salt Lake 32 19 6 7 69 40 64
x-Seattle 32 17 11 4 46 35 55
x-Los Angeles 31 14 7 10 48 31 52
Vancouver 32 15 12 5 56 45 50
Dallas 32 11 12 9 35 40 42
Colorado 32 9 12 11 39 42 38
Portland 32 9 19 4 40 50 31
Chivas USA 32 7 16 9 32 55 30
x — Clinched playoff berth.
Wednesday, Oct. 17 — All Times Eastern
Real Salt Lake at Seattle, 11 p.m.
Saturday, Oct. 20
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Columbus at D.C. United, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.

2014 WORLD CUP QUALIFYING

GROUP A GP W D L GF GA PT
Guatemala 5 3 1 1 8 5 10
U.S. 5 3 1 1 8 5 10
Jamaica 5 2 1 2 5 7 7
Antigua 5 0 1 4 3 9 1

FRIDAY'S RESULTS
At St. John's, Antigua and Barbuda
U.S. 2 Antigua and Barbuda 1
At Guatemala City
Guatemala 2 Jamaica 1
TUESDAY'S GAMES — All Times Eastern
At Kingston, Jamaica
Jamaica vs. Antigua, 7:15 p.m.
At Kansas City, Kan.
U.S. vs. Guatemala, 7:15 p.m.

GROUP B GP W D L GF GA PT
x-Mexico 5 5 0 0 13 2 15
Costa Rica 5 2 1 2 7 5 7
El Salvador 5 1 2 2 8 9 5
Guyana 5 0 1 4 5 17 1

x — Clinched berth in regional final.
FRIDAY'S RESULTS
At Houston
Mexico 5 Guayna 0
At San Salvador, El Salvador
Costa Rica 1 El Salvador 0
TUESDAY'S GAMES
At San Jose, Costa Rica
Costa Rica vs. Guyana, 9 p.m.
At Torreon, Mexico
Mexico vs. El Salvador, 9 p.m.

GROUP C GP W D L GF GA PT
Panama 5 3 1 1 5 1 10
Canada 5 3 1 1 5 2 10
Honduras 5 2 2 1 4 2 8
Cuba 5 0 0 5 0 9 0

FRIDAY'S RESULTS
At Toronto
Canada 3 Cuba 0
At Panama City, Panama
Panama 0 Honduras 0
TUESDAY'S GAMES
At San Pedro Sula, Honduras
Honduras vs. Canada, 4 p.m.
At Havana
Cuba vs. Panama, 4 p.m.

CFL

WEEK 16

EAST DIVISION

x-Montreal GP W L T PF PA Pt
Toronto 15 9 6 0 406 417 18
Hamilton 15 7 8 0 339 381 14
Winnipeg 15 5 10 0 438 481 10
15 4 11 0 295 460 8

WEST DIVISION

x-B.C. GP W L T PF PA Pt
x-Calgary 15 11 4 0 402 288 22
Saskatchewan 15 9 6 0 430 350 18
Edmonton 15 8 7 0 397 327 16
15 7 8 0 351 354 14

x — Clinched playoff berth.
Sunday's result
Montreal 24 Toronto 12
Saturday's results
Calgary 32 Winnipeg 21
Edmonton 37 Saskatchewan 20
Friday's result
B.C. 37 Hamilton 17

WEEK 17

Friday's games — All Times Eastern
Winnipeg at Toronto, 7 p.m.
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Saskatchewan, 3:30 p.m.
Hamilton at Calgary, 7 p.m.

SCORING LEADERS

x — scored two-point convert

TD C FG S Pts
McCallum, BC 0 40 35 7 152
Congi, Ham 0 41 32 1 138
Paredes, Cal 0 38 33 1 138
Whyte, Mtl 0 42 29 7 136
Palardy, Wpg 0 24 32 5 125
Shaw, Edm 0 35 26 9 122
Waters, Tor 0 18 25 6 99
DeAngelis, Sask 0 21 24 1 94
x-C.Williams, Ham 13 2 0 0 80
Dressler, Sask 11 0 0 0 66
Sheets, Sask 11 0 0 0 66
Milo, Sask 0 16 11 12 61

TENNIS

ATP-WTA KREMLIN CUP

At Moscow

Men

Singles — First Round
Denis Istomin (6), Uzbekistan, def. Bjorn Phau, Germany, 5-7, 7-5, 6-1.
Lukas Rosol, Czech Rep., def. Daniel Gimeno-Traver, Spain, 7-6 (9), 7-6 (2).
Tatsuma Ito, Japan, def. Roberto Bautista-Agut, Spain, 6-3, 1-6, 6-2.
Malek Jaziri, Tunisia, def. Rajeev Ram, U.S., 6-3, 6-1.
Doubles — First Round
Carlos Berlocq, Argentina, and Alex Bogomolov, Jr. (3), Russia, def. Lukas Dlouhy, Czech Rep., and Alexandr Dolgopopol, Ukraine, 6-7 (2), 6-3, 10-5.

Women

Singles — First Round
Lucie Safarova (8), Czech Rep., def. Margarita Gasparyan, Russia, 6-3, 4-6, 6-2.
Sofia Arvidsson, Sweden, def. Bojana Jovanovski, Serbia, 6-2, 6-4.
Klara Zakopalova, Czech Rep., def. Alexandra Cadantu, Romania, 6-3, 6-3.
Urszula Radwanska, Poland, def. Francesca Schiavone, Italy, 6-3, 6-1.
Doubles — First Round
Maria Kirilenko and Nadia Petrova (2), Russia, def. Karolina and Kristyna Pliskova, Czech Rep., 6-4, 4-6, 11-9.
Lindsay Lee-Waters and Megan Moulton-Levy, U.S., def. Alize Cornet, France, and Alicja Rosolska, Poland, 7-6 (7), 6-7 (5), 10-5.

NFL

AMERICAN CONFERENCE

EAST

N.Y. Jets W L T Pct PF PA
3 3 0 .500 133 141
New England 3 3 0 .500 188 137
Miami 3 3 0 .500 120 117
Buffalo 3 3 0 .500 137 192

SOUTH

Houston W L T Pct PF PA
5 1 0 .833 173 115
Indianapolis 2 3 0 .400 100 145
Tennessee 2 4 0 .333 114 204
Jacksonville 1 4 0 .200 65 138

NORTH

Baltimore W L T Pct PF PA
5 1 0 .833 161 118
Cincinnati 3 3 0 .500 149 163
Pittsburgh 2 3 0 .400 116 115
Cleveland 1 5 0 .167 134 163

WEST

San Diego W L T Pct PF PA
3 2 0 .600 124 102
Denver 2 3 0 .400 135 114
Oakland 1 4 0 .200 87 148
Kansas City 1 5 0 .167 104 183

NATIONAL CONFERENCE

EAST

N.Y. Giants W L T Pct PF PA
4 2 0 .667 178 114
Philadelphia 3 3 0 .500 103 125
Washington 3 3 0 .500 178 173
Dallas 2 3 0 .400 94 119

SOUTH

Atlanta W L T Pct PF PA
6 0 0 1.000 171 113
Tampa Bay 2 3 0 .400 120 101
Carolina 1 4 0 .200 92 125
New Orleans 1 4 0 .200 141 154

NORTH

Chicago W L T Pct PF PA
4 1 0 .800 149 71
Minnesota 4 2 0 .667 146 117
Green Bay 3 3 0 .500 154 135
Detroit 2 3 0 .400 126 137

WEST

Arizona W L T Pct PF PA
4 2 0 .667 110 97
San Francisco 4 2 0 .667 152 94
Seattle 4 2 0 .667 110 93
St. Louis 3 3 0 .500 110 111

WEEK 6

Monday's result
Denver at San Diego
Sunday's results
Atlanta 23 Oakland 20
Tampa Bay 38 Kansas City 10
N.Y. Jets 35 Indianapolis 9
Cleveland 34 Cincinnati 24
Detroit 26 Philadelphia 23, OT
Miami 17 St. Louis 14
Baltimore 31 Dallas 29
Buffalo 19 Arizona 16, OT
Seattle 24 New England 23
N.Y. Giants 26 San Francisco 3
Washington 38 Minnesota 26
Green Bay 42 Houston 24
Thursday's result
Tennessee 26 Pittsburgh 23

WEEK 7

Thursday's game — All Times Eastern
Seattle at San Francisco, 8:20 p.m.
Sunday, Oct. 21
Arizona at Minnesota, 1 p.m.
Tampa Bay at St. Louis, 1 p.m.
Baltimore at Houston, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
Dallas at Carolina, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Cleveland at Indianapolis, 1 p.m.
Tennessee at Buffalo, 1 p.m.
Jacksonville at Oakland, 4:25 p.m.
N.Y. Jets at New England, 4:25 p.m.
Pittsburgh at Cincinnati, 8:20 p.m.
Monday, Oct. 22
Detroit at Chicago, 8:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

GP W L OL SL Pts GF GA
Manchester 2 2 0 0 0 4 5 2
St. John's 2 1 1 0 0 2 5 6
Worcester 2 0 1 0 1 1 5 8
Portland 1 0 1 0 0 0 3 6
Providence 2 0 2 0 0 0 3 7

EAST DIVISION

GP W L OL SL Pts GF GA
Norfolk 2 2 0 0 0 4 8 5
Syracuse 2 1 0 0 0 1 3 9
Binghamton 1 1 0 0 0 2 2 1
Hershey 1 0 1 0 0 0 3 4
W-B/Scranton 1 0 1 0 0 0 1 2

NORTHEAST DIVISION

GP W L OL SL Pts GF GA
Bridgeport 2 2 0 0 0 4 10 6
Springfield 2 2 0 0 0 4 8 2
Adirondack 2 1 1 0 0 2 6 7
Albany 1 0 1 0 0 0 1 2
Connecticut 2 0 2 0 0 0 6 9

Sunday's results
Lake Erie 4 Toronto 0
St. John's 3 Connecticut 2
Springfield 4 Adirondack 0
Chicago 5 Rockford 3
San Antonio 3 Houston 2
Texas 4 Charlotte 3, (SO)

WESTERN CONFERENCE

MIDWEST DIVISION

GP W L OL SL Pts GF GA
Chicago 2 2 0 0 0 4 6 3
Milwaukee 1 1 0 0 0 2 3 2
Grand Rapids 2 0 1 0 1 1 5 7
Rockford 2 0 1 0 1 1 3 6
Peoria 2 0 2 0 0 0 3 10

NORTH DIVISION

GP W L OL SL Pts GF GA
Abbotsford 2 2 0 0 0 4 10 3
Lake Erie 3 2 1 0 0 4 8 4
Hamilton 1 1 0 0 0 2 4 3
Rochester 2 1 1 0 0 2 7 8
Toronto 2 1 1 0 0 2 3 5

SOUTH DIVISION

GP W L OL SL Pts GF GA
Texas 2 2 0 0 0 4 6 4
Charlotte 2 1 0 0 1 3 6 5
Oklahoma City 2 1 1 0 0 2 4 4
San Antonio 2 1 1 0 0 2 4 4
Houston 2 0 2 0 0 0 3 6

Monday
No games scheduled
Tuesday's game — All Times Eastern
Binghamton at Rochester, 7:05 p.m.
Wednesday's game
Peoria at Chicago, 8 p.m.

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Horoscopes

Aries

March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

Taurus

April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

Gemini

May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

Cancer

June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

Leo

July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

Virgo

Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

Libra

Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

Scorpio

Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

Sagittarius

Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

Capricorn

Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

Aquarius

Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

Pisces

Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. **SALLY BROMPTON**

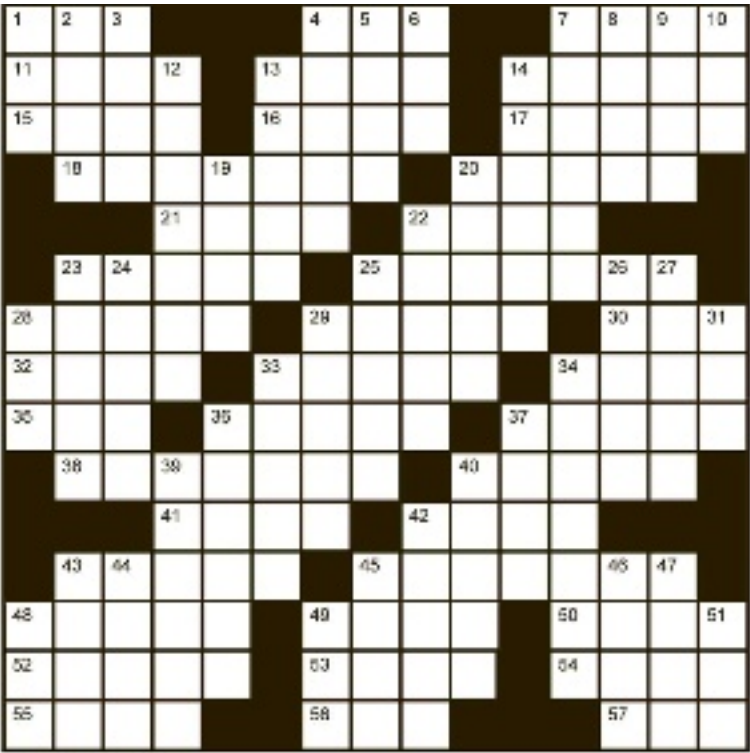
Canadian Singers Cross Each Other

Across

- Flower garden
- Official Parliament opposition: initialism
- Chief
- Allies' foe in WWII
- Belle's boyfriend
- Becomes weary
- Essence of an argument
- Bring in, as wages
- Raises, as children
- IMAX ____
- Burnaby, BC-born pop singer Michael
- Brains
- Dainty fabric
- Cathedral topper
- ____ Party: Canada's oldest federally registered party
- People buy Dr. Scholl's products for these
- Spelunking sites
- Box cover
- Online report
- Three goddesses of destiny, with "the"
- Voice type between soprano and tenor
- Soup container, often
- Buenos ____, Argentina
- Oak nut
- Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
- Decrease in intensity
- How a lazybones hangs around
- Brought to court
- Longed (for)
- Refer to incidentally
- Cake maker
- ____ et Chandon

Down

- Paper or plastic grocery item
- Egress
- Satellite TV receiver
- Approaches
- "Bet you can't," e.g.
- Sometimes groan-inducing bit of wordplay
- Justin ____; London, Ontario-born Never Say Never pop star
- Spoken
- Desiccated
- Serpentine warning
- Preparing a beef and vegetable dish
- Singer Midler or actress Davis
- Breaks from fighting
- Broadcasts
- Infants "in the woods"
- A cat has nine
- Alternative to fossil fuels
- On one's belly
- "Toodle-oo"
- Assign as one's share
- Gasoline unit
- Blue Jays' games airtel
- Mariah ____; 1990 Best New Artist Grammy



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- winner
- Controversial hockey commentator Cherry
- Ballpark
- Early French Canadian
- Poisonous snakes
- Aid, particularly some-one in the commission of a crime
- Informal roadside restaurants
- Cousins' mothers

- Shabby
- Apply asphalt
- Big name in home furnishings
- No longer relevant
- Rubaiyat poet Khayyam, actor Sharif, or House actor Epps
- ____ Scotia
- Dracula creature
- Parliamentarians, for short

51. Door opener

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	1	2	9	8	8	3	7	4
8	3	7	1	2	4	9	5	6
6	9	4	7	5	3	5	1	2
7	8	8	5	3	9	2	4	1
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	6	3	2	9	5	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9



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